Pakistan OBSERVER

Social Diary

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31 Aug-06 September 2025

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Get the scope on trending beauty and fashion, smart health and lifestyle tips, chic d cor and gardening inspiration, wanderlust-worthy travel ideas, and celebrity stories that keep the glam factor alive

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Vol 11 Social Diary Issue 71
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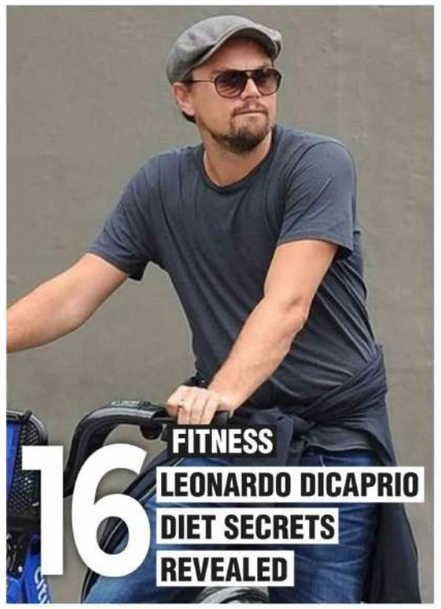

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STRUT YOUR STUFF

TOP LOOKS THIS WEEK!

Aina Asif

is radiating charm in a timeless ensemble by **Haseens**

Ayeza Khan

totally rocks a bright kurta set from **Kala Jora**

Sajal Ali

charms in a floral wonder feat **NiaMia**

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STRUT YOUR STUFF

HOT DESIGNERS IN TOWN!

Fatima Amjed

rocks an elegant all-white by **Mohar**

Amar Khan

strikes a vision of prettiness wearing **Zaha**

Zoya Nasir

turns heads in a frock courtesy **Mariyam D Rizwan**

Pakistan OBSERVER

7 BEAUTY SLEEP GADGETS: *From Silk Pillowcases to Smart Masks*

1 Silk Pillowcases: The Classic Luxury Upgrade

Forget cotton—silk pillowcases are the ultimate nighttime indulgence. Beyond the chic look, silk reduces friction, which means fewer sleep lines on your face and less breakage for your hair. Dermatologists also love them because they absorb less moisture than cotton, helping your skincare stay put overnight. Plus, they feel undeniably luxe.

2 Weighted Eye Masks: For Deeper, Calmer Sleep

A simple upgrade with big impact, weighted eye masks combine light-blocking benefits with gentle pressure that calms your nervous system. The result? Deeper, more restful sleep. Many are filled with soothing beads or natural flaxseeds, giving you that spa-like comfort every night. Some even come in silk for extra skin perks.

3 Satin Scrunchies: The Hair Saver

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MAKE ME SHINE

Not quite a gadget, but a nighttime essential. Satin scrunchies prevent tugging and breakage, especially if you sleep with your hair tied up. They help preserve blowouts and curls overnight, meaning less heat styling in the morning. It's the kind of small swap that makes a big difference in the long run.

4 Smart Sleep Masks: Tech Meets Beauty

Traditional sleep masks are out; smart masks are in. These gadgets use light therapy, gentle vibrations, or guided meditation audio to help you drift off faster and wake up refreshed.

Some even track your sleep cycles and wake you during your lightest phase, so you rise without grogginess. Think of it as a sleep coach built into your beauty routine.

5 Cooling Pillows: Beat Nighttime Overheating

Ever wake up sweaty at 3 a.m.? Overheating not only disrupts sleep but can also irritate your skin. Enter cooling pillows, made with gel layers or breathable materials that regulate temperature. Better sleep quality means fewer under-eye bags and more energy, but your skin will also thank you for the calm, sweat-free environment.

6 Overnight LED Masks:

Yes, you can literally wear skincare tech to bed. Overnight LED masks use low-level light therapy to stimulate collagen, reduce inflammation, and even combat acne—all while you rest. While some look a little space-age, they've become a favorite among celebrities who swear by waking up with a firmer, calmer complexion.

7 Humidifiers: The Secret Glow Booster

Dry air is the enemy of plump, hydrated skin. A bedside humidifier helps lock in moisture, preventing dullness and fine lines. Bonus: it soothes irritated sinuses and helps you breathe easier, which means better sleep overall. Pair it with your favorite nighttime serum, and you'll wake up with that dewy, post-facial glow.

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DECOR

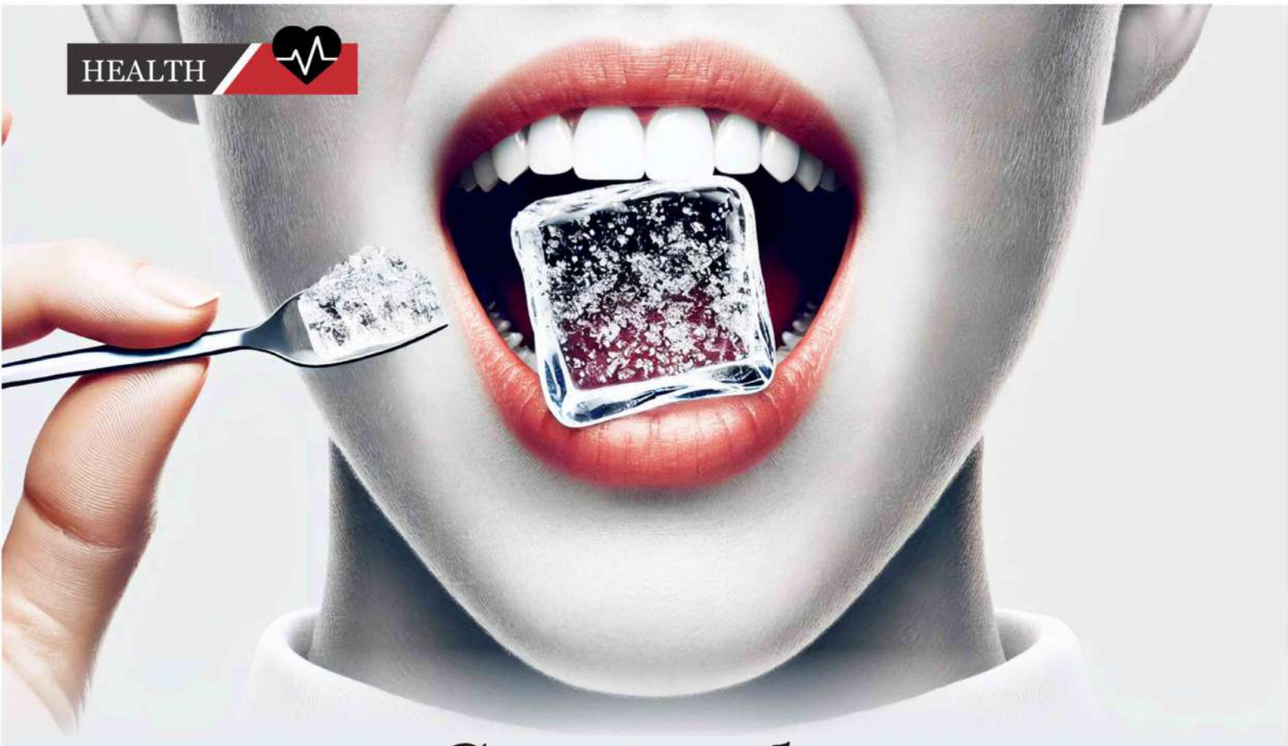
A Splash of Color:

Painted Chairs That Transform Any Room

Sometimes the simplest makeover makes the boldest impact. Painted chairs in vibrant hues—think sunny yellow, teal blue, fiery red, or even a playful mix of colors—instantly transform a room from ordinary to joyful. Whether you revamp old wooden dining chairs, add color to a desk seat, or paint just the back slats for a modern twist, these pops of pigment bring energy and personality into your space. The beauty of painted chairs lies in their versatility: they can anchor a neutral room with a single statement shade, or turn a mismatched set into a lively, curated collection. Pair them with natural light, plants, or a patterned rug, and you've got a corner that feels bright, creative, and welcoming. It's décor that doesn't just fill a room—it lifts the mood.

DECOR

HEALTH



Constantly Chewing Ice?

HERE'S WHAT YOUR BODY IS TELLING YOU

By Aafia Pervaiz

It may seem like a quirky indulgence—chewing on ice cubes at the end of a drink or keeping crushed ice handy as a snack. But if you find yourself constantly craving ice, your body might be trying to tell you something important. Doctors say a strong, frequent urge to chew ice is often linked to iron deficiency anemia, a condition in which the body doesn't have enough healthy red blood cells to carry oxygen effectively. The exact reason behind the connection isn't fully understood, but some research suggests that chewing ice may temporarily boost alertness in people with low iron. In other words, what feels like a simple craving may actually be your brain's way of compensating for sluggish oxygen flow.

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HEALTH

ANEMIA VERSUS IRON DEFICIENCY ANEMIA

Anemia is a condition that occurs due to lack of Hemoglobin component in the blood	Iron deficiency anemia is a form of Anemia which is characterized by low levels of iron in Hemoglobin
There are many types such as macrocytic, microcytic, & normocytic	Type of microcytic anemia
Can be seen in different forms on the complete blood count	Identified by the presence of low MCV

Understanding Iron Deficiency Anemia

Iron deficiency anemia can develop for several reasons. In some cases, a diet lacking in iron-rich foods is to blame. In others, it can result from blood loss, heavy menstruation, or an inability to properly absorb iron from food. Symptoms often include fatigue, pale skin, brittle nails, dizziness, headaches, and shortness of breath. But among these common signals, pagophagia—the medical term for ice-craving—remains one of the more unusual red flags.

Why Ice?

Unlike other food cravings, the pull toward ice isn't about flavor—it's about sensation. People with pagophagia often describe the crunch and coldness of ice as refreshing and stimulating. Some scientists believe chewing ice triggers increased blood flow to the brain, which may temporarily improve mental clarity for those struggling with iron deficiency. The encouraging news is that once iron levels are restored, the craving for ice often disappears. Diet plays a central role in recovery. Foods such as leafy greens, red meat, poultry, lentils, beans, and fortified cereals are all excellent sources of iron. Pairing plant-based iron sources with vitamin C-rich foods like citrus fruits can also help the body absorb iron more effectively. For some people, however, dietary changes may not be enough. In these cases, doctors often recommend iron supplements or conduct further tests to identify underlying issues, such as gastrointestinal conditions that block absorption.

When to See a Doctor

While crunching on the occasional ice cube is harmless, an intense, daily need for ice shouldn't be brushed

aside. Persistent cravings may signal that your iron levels are too low to ignore. A simple blood test can confirm whether anemia is the cause. Addressing the deficiency early can prevent complications such as severe fatigue, heart strain, or developmental delays in children. Our bodies have clever ways of sending signals, and cravings can sometimes be one of them. Chewing ice may seem like an innocent quirk, but if the urge feels uncontrollable, it's worth taking seriously. The habit could be your body's way of asking for help—specifically, for more iron. So, the next time you catch yourself piling ice cubes into a glass just to crunch on them, pause for a moment. It may not be about the satisfying crackle of ice at all. Instead, it might be your body's hidden message that it's time to check your iron levels.

IRON-DEFICIENT ANEMIA: WHO'S AT RISK

Iron-Defeicency Anemia (IDA) can impact individuals of all ages and backgrounds.

WEEKLY REVIEW

Editor's Picks

Here's a complete low-down on all that caught our editor's eye the past week. What tickles your fancy?

A DREAM PAIRING REALIZED

Pakistani drama fans are experiencing delight as Hania Aamir and Bilal Abbas Khan make their long-awaited on-screen debut together in the upcoming ARY Digital drama Meri Zindagi Hai Tu. After nearly a decade in the industry, this marks the first time these two celebrated actors have joined forces, and their chemistry is already creating a buzz. Captured in a recently shared behind-the-scenes photo, the pair exude charm and intensity, hinting at a storyline rich in emotion and magnetism. The image has gone viral, confirming the much-anticipated collaboration fans have been hoping for.

On Our TV SERIES

Breaking Boundaries:

Artist Strikes a Global Chord with Independent Sound

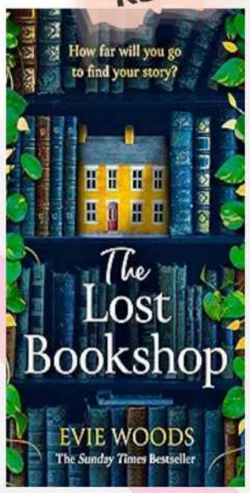
A new wave of sound is sweeping across streaming platforms, and at its heart is Alamsher, a 22-year-old independent artist redefining how music travels in the digital age. Without the backing of a major label, Alamsher is steadily carving his place in the global music scene, proving that persistence and originality can outshine traditional industry gatekeepers. Blending pulsating beats with atmospheric melodies, Alamsher's tracks—like Sunset Run and Black Moon—have become instant favorites for fans drawn to the crossroads of electronic and hip-hop. Each release feels like an experience, pulling listeners into a mood, a memory, or a story. It's this ability to channel emotion through sound that makes his music stand out in a crowded landscape.

On Our Mind WHAT'S HIP

The Lost Bookshop by Evie Woods

On Our Shelf Reading

Evie Woods's The Lost Bookshop is a spellbinding tale that weaves together past and present with threads of magic, history and self-discovery. In 1921, Opaline Carlisle escapes the confines of her privileged but oppressive life in London, rejecting an arranged marriage and seeking freedom. Her journey takes her to Paris, where she finds work at the famed Shakespeare and Company, and later to Dublin, where she uncovers a mysterious bookshop rumored to hold a lost Emily Brontë manuscript. In present-day Dublin, Martha, a woman rebuilding her life after leaving an abusive marriage, becomes a housekeeper in a peculiar home filled with secrets. At the same time, Henry, a scholar searching for a vanished bookshop and missing manuscript, arrives in the city. Their lives intersect in ways that reveal the transformative power of stories, love and resilience. A celebration of literature's ability to heal and connect, The Lost Bookshop has charmed readers worldwide with its enchanting narrative and unforgettable characters.



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On Our $$$ PRODUCT

BRIDGING TRADITION AND MODERN DESIGN

Clay Biscuits, a Karachi-based design studio founded by Sannia Ali, channels the elegance of modernism through the rich tapestry of cultural heritage. Their handcrafted creations—ranging from wall plates to mugs, wind chimes and plant homes—reflect a deep reverence for a "forgotten lineage," reimagined for today's contemporary spaces. Whether showcasing striped mugs that brighten mornings or vibrant wind chimes from their Fall '24 collection, each piece embodies both artistry and warmth. With a growing digital presence, Clay Biscuits shares its journey in texture, form, and function—inviting viewers to see everyday items not just as utilities but as expressions of beauty. Their artistry thrives in the details: hand-painted plates that transform walls into canvases, gently curated displays that elevate ambiance—and whimsical touches such as plant pots available in four colors and two sizes. Through thoughtful design and steady creativity, Clay Biscuits highlights how tradition, craftsmanship, and modern sensibilities can coalesce into timeless décor.

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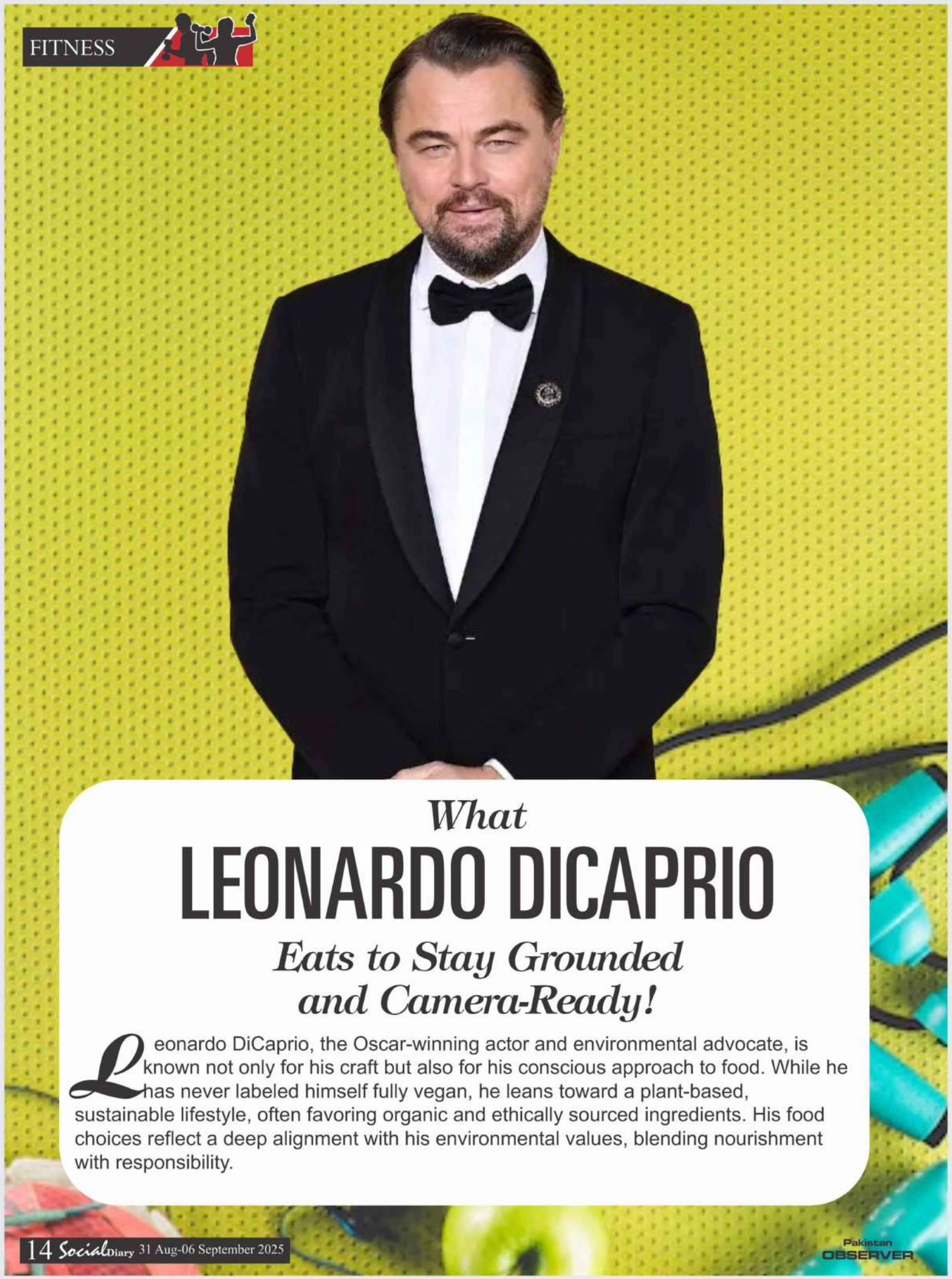
WEEKLY REVIEW

A Symphony of Aromas, Textures and Taste

At The Fleur Bakehouse, the aroma of freshly baked goods wafts from the moment you step inside, a sweet blend of browned butter, vanilla, and just-picked berries. Their signature confections—whether delicate macarons, rustic fruit tarts or velvety cheesecakes—offer a layered experience of flavor and texture. A bite of their macarons reveals a crisp, airy shell that yields to a creamy, flavorful center—bright fruit curd or rich chocolate ganache—leaving a lingering sweetness balanced by a hint of almond. The fruit tarts delight with buttery, flaky crusts hugging juicy berries that burst with freshness and a gentle tang, brightening every mouthful. Meanwhile, the cheesecakes strike a refined balance of creamy density and tang—smooth custard-like texture, underpinned by a subtly buttery, crumbly base—and each flavor, from classic vanilla to inventive seasonal combinations, is pronounced and elegant, never cloying. Every bite feels thoughtfully crafted—the kind that makes you pause to savor the smell of vanilla-laced batter, the promise of sweet richness, and the quiet thrill of something exceptionally well made.

On Our Table FOOD



What LEONARDO DICAPRIO

Eats to Stay Grounded and Camera-Ready!

Leonardo DiCaprio, the Oscar-winning actor and environmental advocate, is known not only for his craft but also for his conscious approach to food. While he has never labeled himself fully vegan, he leans toward a plant-based, sustainable lifestyle, often favoring organic and ethically sourced ingredients. His food choices reflect a deep alignment with his environmental values, blending nourishment with responsibility.

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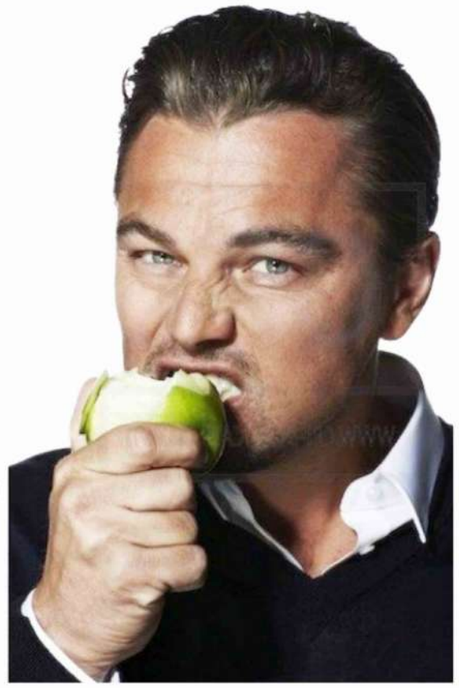
A Plant-Forward, Sustainable Diet

DiCaprio has long embraced whole, minimally processed foods, building his meals around organic fruits, vegetables, legumes, grains, nuts, and seeds. He balances this with lean proteins such as fish and chicken, alongside healthy fats like avocado, olive oil, and flaxseed oil. Timing also plays a role in his eating habits, especially around workouts. He may fuel up with a protein- and carb-rich meal before exercising—something as simple as grilled chicken with quinoa—and follow it with a recovery dish that supports muscle repair and stamina.



Role-Driven Extremes

At times, DiCaprio has taken his relationship with food to extremes in service of his craft. For The Revenant, he famously consumed raw bison liver and endured harsh conditions—including sleeping in animal carcasses—to deliver an authentic performance.

Global Tastes and Occasional Indulgences

Despite his largely plant-forward routine, DiCaprio leaves room for indulgence and cultural flavors. He has a fondness for pupusas, a traditional Salvadoran dish, and frequently enjoys Italian staples such as pasta and pizza. Sushi also remains a favorite, with his outings often featuring a spread of edamame, gyoza, black cod, crab fried rice, nigiri, and specialty rolls. This balance between discipline and enjoyment highlights his philosophy: eating well is about both mindfulness and pleasure.

STYLE CHECK

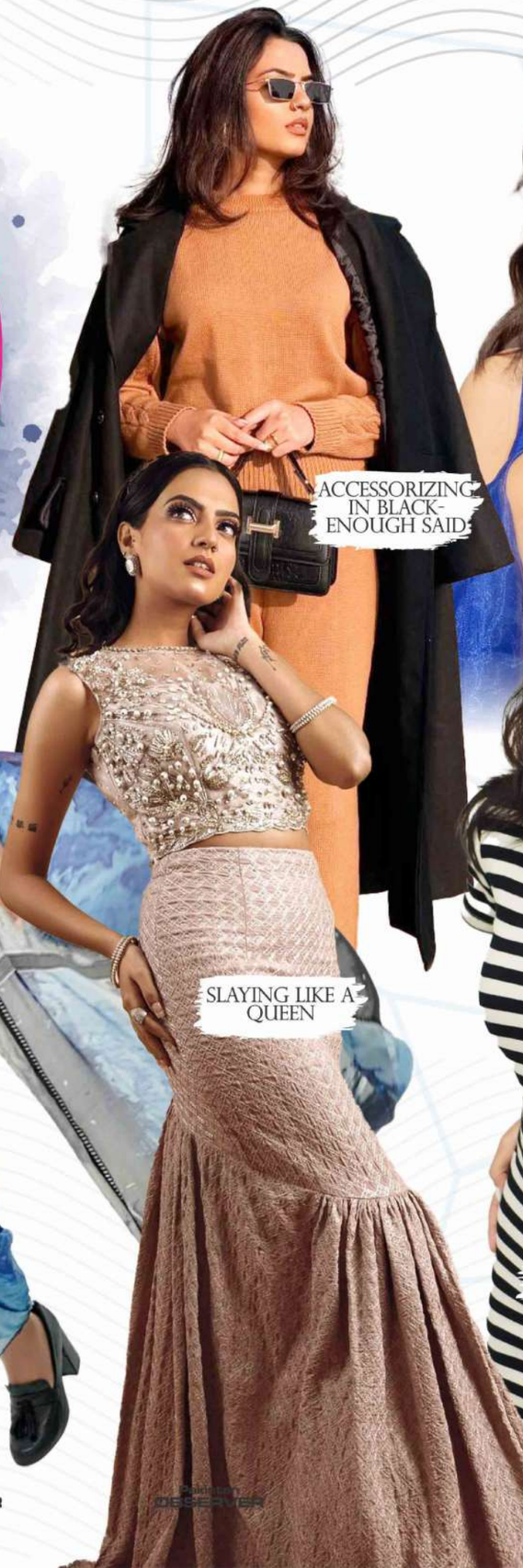
MY VOGUE STATEMENT!

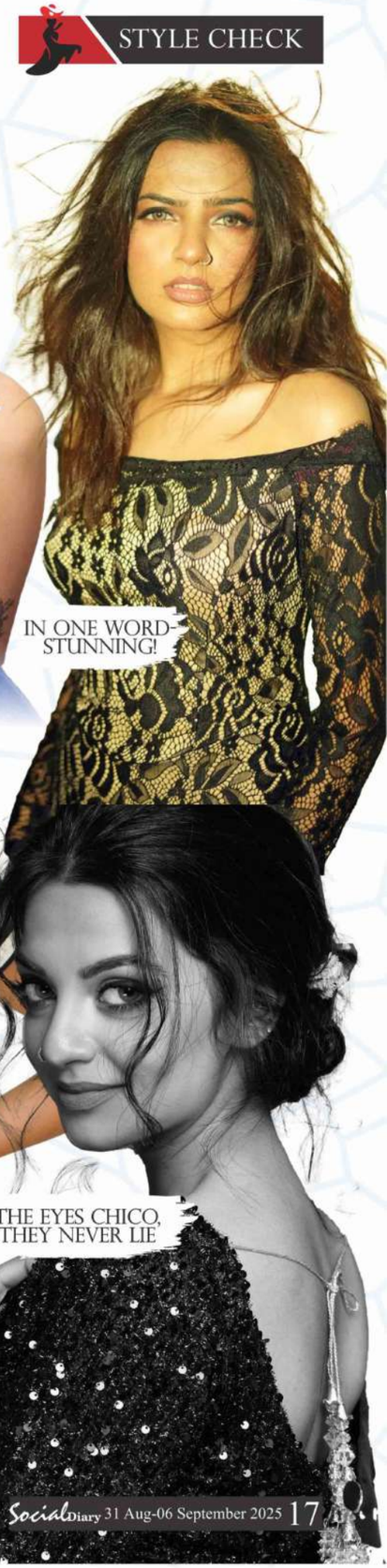
SD gives a peek into how your favorite celebs define their flair for fashion! This week:

MUSE:
Janice Tessa

PROFESSION:
Actor

STYLE:
Hot & Chic!





RELATIONSHIP

10 Body Language Signs That Mean Someone Is Lying

By Batool Salman

Lies are part of human behavior, whether small white lies or serious deceptions. While words can be carefully chosen, the body often betrays the truth. Psychologists say subtle shifts in posture, gestures and expressions can reveal when someone is being less than honest. Here are 10 common body language signs that may indicate someone is lying.

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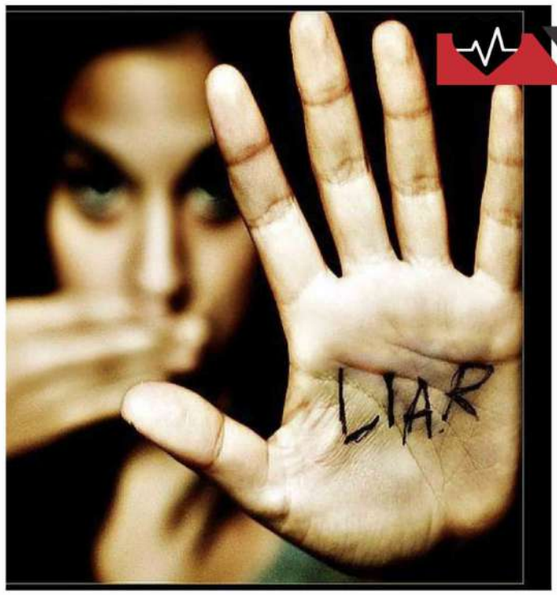
RELATIONSHIP



Avoiding Eye Contact or Overdoing It

One of the most common signals of dishonesty is inconsistent eye contact. Some liars look away to dodge scrutiny, while others overcompensate by staring too intently to appear convincing. Either extreme can be a red flag.

Fidgeting Hands and Feet

Restless movements, such as tapping fingers, shifting weight or shuffling feet, often point to nervousness. While not proof of lying, these signs can indicate discomfort with the truth.

Touching the Face

Frequent face touches—like rubbing the nose, covering the mouth or scratching the neck—can signal anxiety. Researchers note that stress hormones released during lying may cause itching or tingling sensations.

Forced or Mismatched Smiles

A genuine smile engages the eyes as well as the mouth. When only the lips move, or when expressions appear delayed or forced, the emotion may not match the words.

Inconsistent Gestures

Truthful people naturally gesture in sync with their words. Liars often lag behind, using gestures that appear rehearsed or out of place with their speech.

Unusual Pauses or Speech Patterns

Body language works with speech. Liars may hesitate, use filler words or repeat phrases to buy time. When paired with physical signs like throat-clearing or lip-biting, the behavior can be revealing.

Defensive Posture

Crossed arms, hunched shoulders or turning the body away can suggest defensiveness. These closed-off stances often appear when someone feels threatened or caught.

Microexpressions That Slip Through

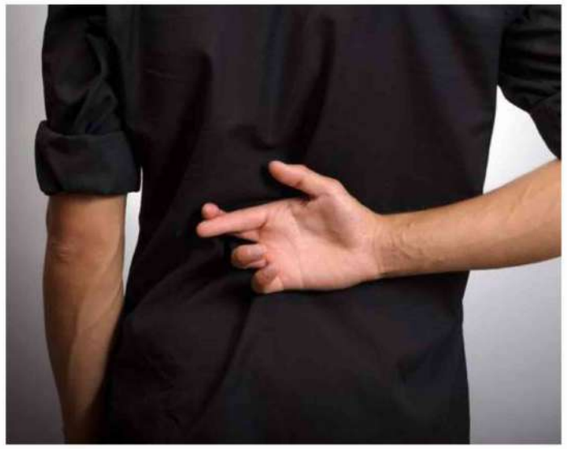
Even skilled liars struggle to control microexpressions—fleeting flashes of genuine emotion. A momentary flicker of fear, anger or guilt can appear before the mask is reset.

Overly Still Behavior

Sometimes, people go to the opposite extreme. Instead of fidgeting, they freeze, holding themselves unnaturally still in an effort to appear calm and collected. This rigidity can signal suppressed stress.

Change in Breathing

Lying triggers the body's stress response, which can alter breathing. Watch for shallow breaths, sighs or noticeable changes in voice pitch that coincide with evasive answers.



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Eyes & Ears of Pakistan

I find that the harder I work, the more luck I seem to have.
Thomas Jefferson
Pakistan OBSERVER
Trump 'not confident' Gaza deal will hold
Minister, Cambodian Prime Minister discuss strengthening bilateral ties
Killers are not only enemies of Balochistan, but of Pakistan: PM
Trump orders US exit from WHO
Turkish ski resort fire kills 66
Forces guests to jump from windows
Tall-Parachinar road closed as operation continues
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